

Clackamas County Suicide Prevention Action Plan Community Action Team Minutes

June 8th 2023 | 4 – 5pm
Virtual Meeting

Attendees: Elisa Gerber (Chair and facilitator), Monica Parmley-Frutiger (Chair and facilitator), Lauren Maley (Youth ERA), Kristine O'Brien (Portland VA, Community Engagement Specialist)

1) Welcome

Purpose of this action team is to: Develop, implement, and support community-based programs and education that promote wellness, safe messaging and prevent suicide within our community.

2) Suicide Prevention Action Plan (SPAP) strategic directions for the Community Action Team:

- 4a. Train youth and young adults how to identify signs and symptoms of someone who is struggling.
- 4b. Increase and sustain mental health awareness and suicide prevention training trainer capacity.
- 4c. Increase awareness of suicide prevention related resources and make information accessible to all Clackamas County residents.
- 4d. Develop strong social networks and connections to reduce isolation

Reviewed last month's meeting minutes where the team decided to focus on/hone in on questions that we have for PGA/county's communication team. We want to begin regular communications in Sept and have something (one topic) every month (newsletter?) to bolster [strategic direction "4c. Increase awareness of suicide prevention related resources and make information accessible to all Clackamas County residents."](#)

We would like to inform our community about:

Free trainings

Postvention

Urgent MH Center

Crisis and Support Line

Peer Support

Consultation availability

Support groups

Safe messaging and the importance of language when talking about suicide

Rose city resource guide? <http://rosecityresource.streetroots.org/#/>

- Questions were asked such as: Who is the intended audience? What platforms do we want to use? Social media, etc.?
- Using the equity tool will be crucial to making sure communication is done in a thoughtful manner.

Questions to ask Communications (PGA) ([connects to 4c strategic direction](#))

- a. What materials are already available & can be used? [Galli will ask PGA](#)
- b. What's the turnaround time? [Galli will ask PGA](#)

- c. How long do translation materials take? [Approx. 2 weeks](#)
 - d. Are there any out-of-pocket fees? **No**
 - e. What are the vehicles of communication that the county is already using? [Newspapers, cable-access tv, etc.](#)
 - f. How much social media presence do we have already? [Galli will ask PGA](#)
 - g. Can we use TikTok to be more relevant? **No to Tik Tok – the County doesn't use it. Youth ERA uses Instagram primarily. Lauren can post on Instagram and at the Drop In Center.**
 - h. Are the use of QR codes available? **YES!**
 - i. What digital communication is available? [There is a county newsletter for residents](#)
 - j. What is the budget to produce new video clips? [Galli will ask PGA](#)
 - k. Are we able to access funds from the sales of the t-shirts and sweaters that were created? **Yes**
 - l. Can we host an event to sell those items, then utilize the money for what is needed? Are we allowed to sell items at tabling's? **Yes**
- Monica developed a tool that we might consider using to track when topics are scheduled for communication/distribution to the community, when and how:
https://docs.google.com/spreadsheets/d/1-HraLF_3isrxkBKAigr6KHVPBjpWsgeicOrtTplHpZ4/edit?invite=CLOp_KUI#gid=0
 - Maybe the VISTA Member can work on a newsletter type communication that can occur on the regular?

Accessing Tablets follow-up ([connects to 4d. Develop strong social networks and connections to reduce isolation](#))

Elisa reported that her organization can request tablets for residents, but residents have to be receiving in home care services to be eligible for a tablet. A \$10 fee for internet is available to some residents although this still presents a hardship for many economically.

Action items/Follow up:

- Galli to send equity tool out with minutes.
- Galli to request a meeting with PGA as soon as conveniently possible. Monica is willing to meet with PGA alongside Galli.

Next Action Team meeting: August 10th from 4 – 5pm | Location: [Click here to join the meeting](#)

Meetings are open to anyone. All are welcome!